

Stretch Break is for YOU!



For further information:

Visit LLNL Ergonomics Website at http://www.llnl.gov/ergo/office_comp.htm for further tips on micro breaks including a study by National Institute of Occupational Safety and Health on the positive effects of stretch breaks

Contact 2-ERGO ext 2-3746

Contact an ergonomics evaluator or ES&H Team. LLNL Ergonomics Website contains a link to a current list at http://www-r.llnl.gov/es_and_h/ergo/contact_list.htm

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LLNL Website:
<http://www.llnl.gov/ergo/>



Stretch Break Software Information

For LLNL employees
comfort and safety



Stretch Break is for YOU!

Stretch Break Software can help workers stay comfortable and safe. Stretch Break reminds you to stretch then shows you how with lifelike animated figures.

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Stretch Break reminds you take breaks!



Importance of stretching and micro breaks

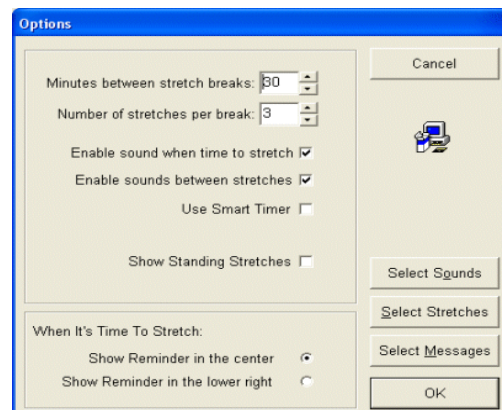
Micro breaks offer your body an opportunity to “clean the slate” by releasing built up tension and stress. This is a helpful process for combating fatigue and discomfort. It has been shown that several short breaks throughout the day are much more effective in reducing tension and stress than are a few long breaks. An added bonus for taking micro breaks is the positive effects on productivity, problem solving, and creativity.

In order to “clean the slate” a micro break should last from 30 seconds to 5 minutes.

Combining stretches with micro breaks makes something good even better for you!

Stretch Break features

- 36 animated full motion stretches. Many are available for sitting and standing. Stretches are for neck, shoulders, hands, eyes, back, legs, and even proper breathing.
- Allows users to determine which stretches appear, their order, and how many times each stretch appears.
- User can select frequency of micro breaks which can be either a fixed time, or based on keyboard and mouse clicks.



Stretch Break features cont'

- Option for selecting various music to accompany stretch breaks. Music can be turned off if desired.
- Ergotips that provide an ergonomic-related message after each break.
- Ergohints on workstation set-up guide, hands and wrists, posture, input devices, chair, visual, keyboard, and shortcuts.
- Tip on how to contact Para Technology, the software developer.

Anyone who uses a PC or Mac computer can use Stretch Break. Stretch Break will be available for other computer systems soon.

You can access Stretch Break by going to site license software site m <https://esd.llnl.gov/esd.cfm>

To download software, even site license software, you must have administrative privileges. If you do not have administrative privileges contact your computer support department.